

## Vegetarian Loaf

- 3 c cooked rice
- 1/2 c minced onion
- 1/2 c minced celery
- 1 1/2 c chopped walnuts
- 2/3 c chopped mushrooms
- 1 T soy sauce
- 2 c shredded sharp cheddar
- 4 eggs

Combine and bake covered in a loaf pan at 350° for 45 minutes. Uncover and bake an additional 15 minutes.

Cool at least 15 minutes before slicing.

### **Mushroom Sauce** - to pour on top

- 1 c diced mushrooms
- 2 T butter
- 2 T flour
- 1 T minced garlic
- 2 c water
- 1 T better than bouillon vegetable broth concentrate -@ Krogers
- 1/4 heavy cream (if desired)